

## **CULTURAL AND RECREATIONAL PARK MANAGEMENT AND ORGANIZING PROPER REST**

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**Abstract:** This article is dedicated to the issues of organizing proper rest in the management of cultural and recreational parks. The article analyzes the significance of cultural and recreational parks, their impact on people's rest and development, as well as the main methods of organizing quality and effective rest in these parks. The article also highlights the social, cultural, and ecological importance of parks and their role in meeting the recreational needs of the population.

**Keywords:** culture, recreational parks, rest, importance of rest, ecology, social development, management methods, organization.

Cultural and Recreational Parks Play a Crucial Role in Meeting People's Rest Needs and Preserving Their Mental and Physical Health. These parks, especially, offer excellent opportunities for urban residents to escape the congested and noisy city life and spend time in a natural environment. However, for cultural and recreational parks to function effectively and fully fulfill their purpose, their activities need to be carefully managed. The various services and infrastructure of the parks require high-level organization to create proper conditions for rest. When discussing the issue of wisely utilizing free time, it is essential to emphasize that free time is an invaluable resource necessary for personal growth and societal progress. Free time, being a social wealth, serves the development of individuals and their spirituality. Ultimately, the importance of free time is evident in enhancing productivity. As our people say, "Good rest is beneficial for work". The better and more productive a person works, the greater their need for effective and meaningful rest. Therefore, effectively using free time means restoring energy spent during work, strengthening health, and revitalizing one's mood.

Cultural and recreational parks are increasingly offering diverse forms and methods to organize meaningful leisure, aiming to provide individuals with opportunities for voluntary relaxation. The work in these parks is constantly being improved. The entrances to cultural and recreational parks should be decorated with panels, slogans, flags, flowerbeds with patterns made from flowers, street lanterns, and, if possible, garlands made from colorful electric lights. All cultural and recreational parks begin their operating seasons before the "Navruz" national holiday. To create all the necessary conditions for visitors, it is essential to conduct technical inspections of all attractions, clean and prepare sports grounds, carry out repairs in irrigation systems, plant many ornamental and coniferous trees, annual flowers, and roses, whiten the trees, clean the existing ditches, lay asphalt on paths, increase the number of service kiosks, and maintain cultural and educational event areas and stages. Organizing cultural and educational events in cultural and recreational parks is a significant issue. Currently, the most common forms of cultural and educational work are mass and complex events of the first category. These forms

combine to create "Mass Events". In order for these events to be interesting, impactful, and enjoyable, more artistic methods and tools are used. Therefore, the term "artistic" is often added to "mass events". As a result, the term "Artistic-Mass Events" emerges. These events help better reveal the artistic activities of cultural and educational institutions. The broad range of activities carried out during such events provides essential information to people during their leisure time, offers artistic and aesthetic enjoyment, engages them in cultural and creative activities, and helps the public to have a meaningful and enjoyable rest.

In the regions, cultural and recreational parks serve as the main center for organizing mass events. They assist in organizing various events for local communities and working groups. It should be emphasized that the role of these events in life increases when cultural and recreational parks successfully perform their tasks. Artistic-mass events held on major social holidays or dedicated to significant events in local life reveal the essence of changes and achievements, decorating the important truths of life with artistic and aesthetic expression. These events reflect the successful labor achievements of individuals. One of their key tasks is to highlight the essence of every worker's noble work and show how their contributions lead to the overall success of the nation. Cultural events not only address national issues but also reflect achievements and problems in local life, helping to draw necessary conclusions from the work of each community and plan future tasks. Therefore, events are organized as part of the collective work in all institutions, enterprises, educational institutions, and organizations, forming the foundation of spiritual and educational activities.

As the spiritual needs of the people increase, the role of events in life also grows. This is because, at this stage of our development, the growing spiritual needs of our people demand recreational activities that, first, restore the physical and mental energy spent on labor, second, promote communication, third, create creative conditions, and fourth, offer information-rich and interesting leisure activities that have ideological, artistic, and emotional effects. People's demand for such needs is increasing, which, in turn, allows the effectiveness of events to rise. Cultural and recreational parks can organize events prepared for a specific segment of the population only once. For example, an event dedicated to Teachers' Day can be held once for the educators, either on October 1st or just before this date. The foundation of the activities in cultural and recreational parks is organizing leisure services during weekends.

These parks aim to foster human values such as humanitarianism, morality, faith, wisdom, enlightenment, honesty, justice, patriotism, nationalism, brotherhood, internationalism, hard work, open-mindedness, and progress, while planning leisure activities for individuals during their free time. These events are designed to help people relax, enhance their knowledge, expand their worldview, and boost their creativity. Cultural and recreational parks primarily perform the following social functions:

- Conducting promotional and advocacy work among the population.
- Organizing meaningful leisure for young people and workers.

On weekends, typically on Saturdays or Sundays, cultural and recreational parks organize community events that involve local schools, kindergartens, enterprises, organizations, and cultural institutions. These events feature exhibitions of products from businesses, local craftsmen, and cultural and educational institutions, showcasing creative works. Additionally, concerts by professional and amateur singers, as well as various entertainment games, are arranged. To make leisure time more meaningful for the youth, it is essential to organize tennis, chess, checkers, various attractions, playgrounds, and food and beverage pavilions, such as ice cream and cool drinks. Cultural and recreational parks also host the "Navruz" national holiday festivals, which are celebrated in a festive manner. The park areas and fields are decorated with festive banners and slogans such as "Greetings, Spring! The Holiday of Youth and Beauty!" "Welcome, Spring!", "Happy Navruz, Dear Friends!", "Welcome!", and "Sport, the Ambassador of Peace!"

In cultural and recreational parks, exhibitions of traditional crafts and handmade items created by artisans are organized. These parks also host Uzbek national games, which are unique in their vitality, having been created by the people and enjoyed by both young and old alike. Our ancestors used these games as tools for educating children, helping them not to hesitate in the face of difficulties, to be fearless, and to be brave. In conclusion, it can be said that the cultural and educational activities carried out in cultural and recreational parks must become an integral part of the social life of the local population. The effectiveness of these activities is characterized by a change in the mindset of the people. This field requires great expertise and skill from specialists.

A park is a cultural and educational institution that serves as a place for people to establish a close relationship with nature, relax in a natural setting, and enjoy spiritual fulfillment. Following this principle, creating parks has long been considered one of the most noble tasks, and throughout history, our ancestors have established parks in various regions of the country. Our regions, including Samarkand, Bukhara, Khorezm, Andijan, Namangan, Fergana, and others, have long been famous for their beautiful parks and recreational areas. The natural conditions of our country also play an important role in the creation of parks.

Since the weather starts warming in early spring and remains favorable until late autumn, this creates the ideal conditions for locals and foreign guests to relax and enjoy nature. In the parks, public festivals, mass performances, and traditional activities such as rope dancing, puppet shows, national games, and humor nights are organized. Nowadays, parks serve as venues for celebrating national holidays. Every year, parks host public events, enriching the cultural heritage with these vibrant traditions.

The state program aims to ensure the operation of at least one modern culture and recreation park in every district and city of our country, equipping all of them with modern attractions and play structures to create conditions for the cultural leisure of the population, especially the youth. It also focuses on fostering respect for our national values and turning these parks into recreational spaces that meet modern requirements for various age groups and the population. In achieving these goals, it is essential to equip the culture and recreation parks with modern

attractions and play structures, build modern entertainment facilities, preserve our traditional customs related to recreation parks, and organize their effective use in the education of youth. To implement these tasks: Improve the legal and regulatory framework related to culture and recreation parks, and create a system for coordinating their activities. Organize targeted training of personnel considering the need for staff in culture and recreation parks, improve the qualifications of employees, and enhance the system of retraining. Expand the scope of cultural events held in culture and recreation parks and ensure the organization of cultural and sports activities in new forms and styles. Create conditions in culture and recreation parks for all segments of the population, especially for family recreation. Specifically:

- Organize peaceful relaxation for the population in natural surroundings and foster a sense of environmental preservation among children.
- Create conditions in playgrounds for young children to engage in enjoyable games, and organize exhibitions of various visual arts and crafts in exhibition halls to nurture aesthetic taste in youth.
- Organize concert programs in classical, pop, and folklore genres in open-air stages and amphitheaters, and increase the variety of service offerings to create new job opportunities.

To fully implement these tasks, it is necessary to develop requirements for the territory of culture and recreation parks and the objects to be located there, and based on these, develop a sample design for three types of culture and recreation parks. These sample designs should be adapted to the reconstruction projects of existing parks in the regions. Culture and recreation parks in the Republic of Karakalpakstan, provinces, and the city of Tashkent will be of the first type (central parks), large parks in cities and districts (based on population and park area) will be of the second type, and smaller parks in rural areas will be of the third type.

The development of sample designs for these three types of culture and recreation parks is considered appropriate. Based on the requirements for culture and recreation parks, it is necessary to implement the task of creating new types of entertainment facilities, which are currently active in very few parks. These include summer open-air stages, artificial water bodies, areas for mobile circus performances, children's villages, dance floors, and spaces for displaying and selling samples of folk applied art. As a result of implementing the tasks outlined above:

- All culture and recreation parks will be modernized and equipped with attractions and small play structures.
- Based on the requirements for the territory and objects of the culture and recreation parks, all parks will be organized accordingly.
- Legal documents regulating the legal status, ownership forms, management, and other organizational aspects of culture and recreation parks will be improved.
- Culture and recreation parks will be staffed with qualified personnel.
- The scope and quality of cultural, public, and sports events held in the parks will increase.
- The number of visitors to the parks will rise.



- Culture and recreation parks will be standardized, with passports for each park issued, enabling the monitoring of their operational status and the preparation level of all parks.
- New types of service will be introduced.
- New jobs will be created.
- The meaningful use of leisure time for minors will be achieved.
- The organizational and legal form of culture and recreation parks, regardless of which organization or institution they are subordinated to, will be responsible for coordinating their activities, providing methodological and practical assistance, and continuously improving existing regulatory documents. This task is planned to be entrusted to the Ministry of Culture of the Republic of Uzbekistan.

Additionally, in order to enhance the effectiveness of the spiritual-enlightenment and cultural-public events held in the parks and to guide their activities in these areas, it is planned to establish the Public Council of Directors of the Republic of Culture and Recreation Parks under the Ministry. In the future, the activities of this Council will be further developed, eventually leading to the creation of an association of culture and recreation parks. As a result of creating all the necessary conditions in culture and recreation parks, the opportunity to self-finance will arise, which, in turn, will allow them to operate without additional funding and, if necessary, expand their activities.

The expansion and improvement of the types and quality of service offered to the public will lead to a steady increase in the number of visitors to the parks. In managing the activities of culture and recreation parks, providing quality leisure is not only about proper management of the parks but also requires taking into account the population's leisure needs, ecological factors, and cultural characteristics. Through effective management, high-quality leisure conditions in parks will be created, contributing to the improvement of people's mental and physical well-being. Furthermore, culture and recreation parks play an important role in maintaining the ecological balance of cities. The innovative management methods developed in this area will help make the parks' operations more effective.

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